**Recipe of the Week**

**Kale with Caramelized Onions**

**Ingredients:**
- 1 pound fresh kale, roughly chopped
- 1 medium-sized onion, sliced thin
- 2 tablespoons olive oil
- 1 tablespoon lemon juice (optional)
- Salt and pepper to taste

**Serves 4**

**Nutrition:** 130 calories, 7 g fat, 14 g carbohydrate, 3 g fiber, 5 g protein, 50 mg sodium

**Source:** Harvard School of Public Health

**Directions:**

1. Heat 1 tablespoon of oil in a sauté pan over medium-low heat and add the onions.
2. Cook very slowly on medium-low heat, stirring occasionally, until the onions are browned; do not burn. When finished, remove from heat and set aside.
3. In a separate sauté pan, heat the remaining 1 tablespoon of oil over medium heat. Add the chopped kale and sauté until tender, about 8 minutes.
4. Add the onions and, if desired, the lemon juice. Toss together. Remove from heat and serve.

**How’d it turn out?**

Post a picture of your dish on our Facebook page!

healthy.iu.edu
healthyiu@indiana.edu

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